

DINNERLY



Filipino Chicken Adobo with Asian Greens



30 minutes



2 Servings

Bring a taste of Filipino cooking into your kitchen with our easy take on chicken adobo. Made with a simple but delectable mix of vinegar and soy sauce, adobo is a type of braise or stew – and one of the Philippines' most popular dishes.

WHAT WE SEND

- 150g jasmine rice
- 1 onion
- 200g Chinese broccoli
- free-range chicken thigh fillets
- 2 chicken-style stock cubes
- 60ml rice wine vinegar

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 125ml (½ cup) boiling water
- 1 tbs vegetable oil
- 2 tbs soy sauce ⁶
- 1½ tsp sugar

TOOLS

- small saucepan with lid
- 2 medium frypans

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 515kcal, Fat 18.1g, Carbs 72.1g, Proteins 35.3g



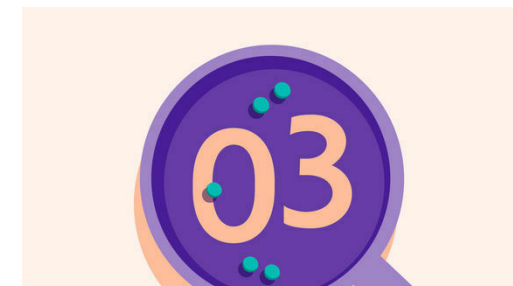
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



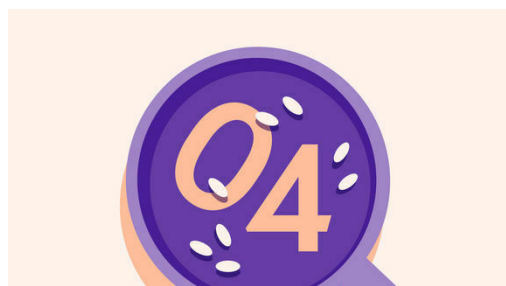
2. Prep ingredients

Meanwhile, thinly slice the **onion**. Trim the **Chinese broccoli**, then cut in half widthwise. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken** and season with **pepper**. Crumble **1 stock cube*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



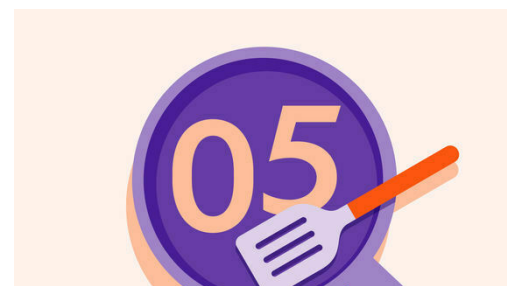
3. Brown chicken

Heat **2 tsp vegetable oil** in a medium frypan over high heat. Cook the **chicken**, stirring, for 3 mins or until browned. Remove from the pan. Reduce the heat to medium. Cook the **onion** and **garlic**, stirring occasionally, for 3 mins or until softened.



4. Simmer adobo

Add the **chicken, stock, rice wine vinegar, 2 tbs soy sauce** and **1½ tsp sugar** to the onion mixture and bring to the boil (see Make it yours). Reduce the heat to medium-low and cook, stirring occasionally, for 7-8 mins until the chicken is cooked through and the sauce is slightly reduced. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Fry broccoli and serve up

Meanwhile, heat **2 tsp vegetable oil** in a separate medium frypan over medium-high heat. Cook the **Chinese broccoli**, stirring occasionally, for 2-3 mins until tender. Remove from the pan. Divide the **chicken, rice** and broccoli among bowls and enjoy!



6. Make it yours

Dried bay leaves in your pantry? Add one to the simmering adobo for extra classic flavour. Or, scatter over sliced red chilli to serve if you like a little heat.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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